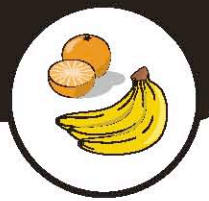
Strawberry Raspberry

1 ½ cups of orange juice
1 banana
1cup of frozen strawberries
1 cup of frozen raspberries
6 ice cubes
2 table spoons of honey
1 teaspoon of vanilla

Place all ingredients in a blender container and blend until frothy. If desired, garnish with additional strawberries. Makes 3, 12 oz servings.

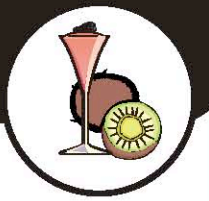
Orange Banana



1 cup of orange juice
½ cup plain or vanilla yogurt
1 ½ cup of frozen raspberries
(sprinkle of nutmeg for the top)
6 ice cubes
2 table spoons of honey
1 teaspoon of vanilla

Place all ingredients in a blender container and blend until frothy. If desired, garnish with additional strawberries. Makes 3, 12 oz servings.

Kiwi Strawberry



3 kiwi (peeled)
1 cup of frozen banana slices
¾ cup pineapple juice
½ cup of frozen strawberries
6 ice cubes
2 table spoons of honey
1 teaspoon of vanilla

Place all ingredients in a blender container and blend until frothy. If desired, garnish with additional strawberries. Makes 3, 12 oz servings.

Recipes

for your Health

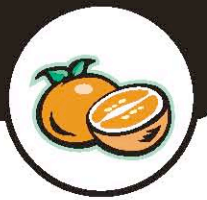
Limeade

3 cups of water
¾ cups of sugar
1 cup of fresh lime juice, chilled
1 fresh cup sliced for garnish

Chill out with his ice-cold limeade made with limes. It's the most refreshing drink to serve at festivities any time.

Combine water with sugar in a medium saucepan. Bring to a boil and cook over medium heat until sugar dissolved. Remove from heat and cool for about 20 min. Pour sugar syrup into a pitcher and chill. Add chilled lime juice to pitcher and stir well. Serve over ice and garnish with lime slices. Makes 1 quart.

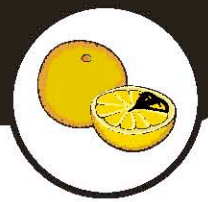
Orange Julius



8 oz nonfat or fat free plain yogurt
1 can (6 oz) frozen 100% orange juice concentrate
2 ½ cups or 20 ounces of skim milk
1 tsp. of vanilla extract

Blend all ingredients until smooth. Makes 6 servings.
Serving size: 6 ounces (3/4 cup)
Nutrients per serving
foliate: 65 mcg
calories: 115fat: 0 grams

Golden Slush



91 mcg folic acid
for a festival touch, garnish with orange slices, halved
1 ½ cup frozen peach
¾ cup of frozen Florida orange juice concentrate, thawed
¼ cup of water
1 to 2 tablespoons of sugar

Let peaches stand at room temperature 5 to 10 minutes. Place peaches, thawed concentrate, water and sugar in a blender container. Cover and blend until smooth.
Makes a 35 ounce serving.

Orange-Yogurt Nog

100 mcg folic acid
Creamy and tangy, this drink is a great way to treat yourself.
28 ounces cartons vanilla low fat yogurt
1 ½ cups of skim milk
¾ cup of frozen Florida orange juice concentrate, thawed

Place yogurt, milk and thawed concentrate in a blender container.
Cover and blend until smooth.
Makes 4, 9 ounces serving

Orange-PapayaShake Break

One 8oz carton of vanilla low-fat yogurt
¾ cup of frozen Florida orange juice concentrate, thawed
1 small papaya or mango, seeded, peeled, and chopped
½ cup of skim milk
2 tablespoons of honey
8 to 10 cubes of ice

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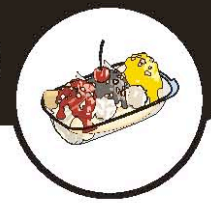
104 mcg folic acid
Whip up a quick batch of this smooth drink for an afternoon pick-me-upper. Garnish each serving with a skewer of fresh fruit. Place yogurt, thawed concentrate, papaya of mango, and honey in blender container. Cover and blend until smooth. With the blender running, add ice cubs, one at a time. Blend until smooth.

Strawberry Banana

1 cup of orange juice
½ cup vanilla yogurt
1 banana
1 ½ cup frozen strawberries
6 ice cubes
2 table spoons of honey
1 teaspoon of vanilla

Place all ingredients in a blender container and blend until frothy. If desired, garnish with additional strawberries. Makes 3, 12 oz servings.

Banana Split Smoothie



1 cup nonfat milk
1 ½ cup frozen banana slices
½ cup pineapple chunks
5 frozen strawberries
1 ½ to 2 tbls. sweetened cocoa powder (depending on your taste)
6 ice cubes
2 table spoons of honey
1 teaspoon of vanilla

Place all ingredients in a blender container and blend until frothy. If desired, garnish with additional strawberries. Makes 3, 12 oz servings.

Strawberry Mango

1 cup of pineapple juice
1 cup of frozen mango chunks
1 cup of frozen strawberries
1 banana
6 ice cubes
2 table spoons of honey
1 teaspoon of vanilla

Place all ingredients in a blender container and blend until frothy. If desired, garnish with additional strawberries. Makes 3, 12 oz servings.

Mocktails: More Alcohol-Free Mixed Drink Recipes

Colic What You Want

2 scoops of fresh strawberries
Slice of fresh banana
½ oz of orange juice
1 oz. of pineapple juice
1 oz. of Coco Lopez

Fill blender full of ice.
Blend and serve
in tall glass.

Baby's Choice

1 scoop banana ice cream
½ tsp. vanilla
½ tsp chocolate syrup
1 oz. frozen strawberries
2 oz. orange juice
2 oz. pineapple juice
1 oz. milk

Flash blend or blend frozen

Gold Medalist

1 oz. frozen strawberries
½ ripe bananas
½ oz. grenadine
3 oz. pina colada mix
1 scoop crushed ice

Blend all ingredients until
smooth, pour into glass
with strawberry and
banana slices.

Banana Berry Bounce

2 oz. strawberry puree
½ fresh banana
½ oz. grenadine
2 oz. pina colada mix
1 cup crushed ice

Combine all ingredients
in blender and blend for
60 seconds.

Cactus Flower

3 oz. papaya juice
2 oz. orange juice
1 oz. grenadine
1 oz. lime juice
3 squirts (full) strawberry daiquiri mix
3 dashes of angostura bitters

Mix all ingredients in a blender until smooth. Garnish with maraschino cherry and pineapple slice.

Peach Fuzz

2 scoops of ice
2 shots non-alcohol peach schnapps
2 shots of concentrated orange juice
1 dash of grenadine

Put all ingredients over ice in blender. Blend well.

Serve in champagne flute.
Garnish with fresh strawberry or peach.

Florida Refresher

105 mcg folic acid
Sip this fruit drink at breakfast, as a refreshing snack, or for a fat-free dessert!

2 cups of buttermilk
1 cup of cut-up strawberries
¾ cup of frozen Florida orange juice concentrate (do not thaw)
6 ice cubes
2 table spoons of honey
1 teaspoon of vanilla

Place all ingredients in a blender container and blend until frothy.
If desired, garnish with additional strawberries.
Makes 3, 12 oz. servings.